



**8-Time NCAA National Champions**  
**31-Straight NCAA Tournament Appearances**  
**NCAA-Best 42 Tournament Appearances**  
**NCAA Record 19 College Cup Appearances**





A photograph of two soccer players in action on a green field. The player on the left is wearing a light blue jersey with the number 10 and is reaching out with his right arm towards the other player. The player on the right is wearing a red jersey with white accents and is leaning forward, focused on the ball at his feet. The background is a blurred stadium with spectators.

## Inspired through Personal Motivation

- The IU Soccer Player responds positively to external motivation. However, his strength and inspiration is derived primarily through personal motivation. The IU Soccer Player has a burning desire to achieve success and is driven to be the best he can be.





## Performance Allows Attitude

- The IU Soccer Player's performance is shaped through a positive attitude. While the performance of others is inhibited by anxiety and fear of failure the IU Soccer Player's performance is bolstered through courage and confidence. The IU Soccer Player demonstrated positive self-worth, always striving to build up his teammate.



A group of ten male soccer players from Indiana University (IU) are lined up on a grass field at night. They are wearing red long-sleeved jerseys with white diagonal stripes across the chest, red shorts, and red socks. The players are looking towards the right side of the frame. The background is a blurred stadium filled with spectators.

# Integrity

- The IU Soccer Player is an honest player. He strives to do everything right all of the time! He takes no shortcuts and does not cheat in practice or in games. While others save it just for the game, the IU soccer Player challenges himself to get better every day. He holds himself and his teammates accountable to the highest standards.



# Pride in the Uniform

- The IU Soccer Player takes tremendous pride in wearing the soccer uniform. He has a deep respect for the history and tradition of the program and for those who have previously worn the uniform and he recognizes the responsibility that goes with this honor. Only the highest standard of performance and best efforts is acceptable. When the IU Soccer Player takes the field wearing the IU color, he holds his head high never hoping to win, but rather always expecting to WIN. After all, he is a Indiana Soccer Player.





Every Day Excellence  
with Tradition Comes Responsibility



A soccer goalkeeper in a bright green long-sleeved jersey and black shorts is captured in a dynamic pose, holding a white soccer ball high in his right hand. The jersey features the Adidas logo and the number 1. The background is a blurred outdoor setting with trees and a blue banner that includes the NCAA logo and the text 'NCAA.COM'. The word 'Consistency' is overlaid in a large, black, serif font across the center of the image.

**Consistency**



# Accountability

• Rules







# Ownership





***“GRIT”***



A Wilson College Cup soccer ball is the central focus, resting on a green grass field at night. The ball is white with blue and orange accents and features the Wilson logo and 'COLLEGE CUP' branding. The background is a blurred stadium with bright lights and spectators.

# Process for Success





Transparency



# Team Meeting





	1/19/2016	1/21/2017	1/12/18
Body Weight	172	165	158
Push-Ups	48	66	88
Sit-Ups	76	98	inj
Vertical	23	25.4	inj
Broad Jump	7'9	7'10	inj



2016



2017



2018



	1/19/2016	1/21/2017	1/12/2018
Body Weight	174	169	164
Push-Ups	53	83	100
Sit-Ups	56	98	67
Vertical	22	24	27
Broad Jump	7'4	7'5	7'8
2 Mile	12:03	12:05	11:42



2016



2017



2018





# The Program



# 3 Factors

• Comprehensive

• Progressive

• Overload





# Strength & Conditioning Program

- Jan - Spring Break
  - Lift 2/3 week. Strength day, Power Day, “Fun Day”.)
    - Show workouts and talk about progression.
  - Warm-Ups
    - 27 rep Squat (<https://www.youtube.com/watch?v=iOPOQsMEV1bY>)
    - Hurdle Drills to warm-Up
    - Box jumps and Hurdles Cool Downs
    - Wim Hoff Breathing

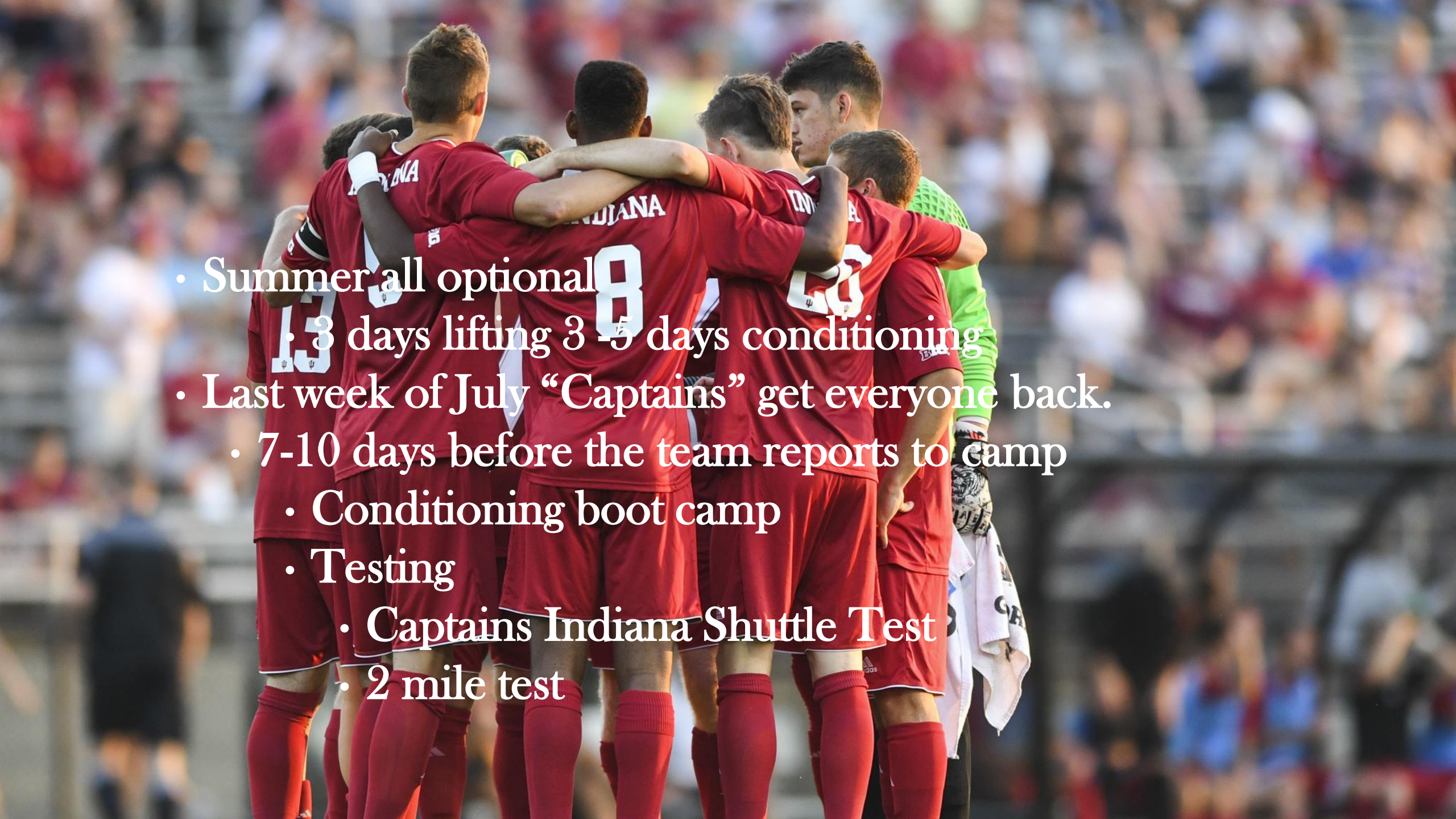


# Inseason (Spring / Fall)

- Post Spring Break - End of Spring/Competition Season
  - 1 day a week in WR 1 Day
  - 1 day week on field. Conditioning after practice 1x2 days week





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- Summer all optional
    - 3 days lifting 3 - 5 days conditioning
  - Last week of July “Captains” get everyone back.
    - 7-10 days before the team reports to camp
      - Conditioning boot camp
      - Testing
        - Captains Indiana Shuttle Test
        - 2 mile test



# The Last Image of 2017 Season

